

Continuing Medical Education

You now have an opportunity to earn CME credits by reading articles in *The American Journal of Psychiatry*. Three articles in this issue each comprise a short course for up to 1 *AMA PRA Category 1 Credit*[™] each. The course consists of reading the article and answering three multiple-choice questions with a single correct answer. CME credit is issued only online. Readers who want credit must subscribe to the AJP Continuing Medical Education Course Program (cme.psychiatryonline.org), select *The American Journal of Psychiatry* at that site, take the course(s) of their choosing, complete the evaluation form, and submit their answers for CME credit. There is no minimum threshold score necessary for the credit. A link from the question to the correct answer in context will be highlighted in the associated article. A certificate for each course will be generated upon successful completion. This activity is sponsored by the American Psychiatric Association.

Information for Participants

Objectives: After evaluating a specific journal article, participants should be able to demonstrate an increase in their knowledge of clinical medicine. Participants should be able to understand the contents of a selected research or review article and to apply the new findings to their clinical practice.

Participants: This program is designed for all psychiatrists in clinical practice, residents in Graduate Medical Education programs, medical students interested in psychiatry, and other physicians who wish to advance their current knowledge of clinical medicine.

Explanation of How Physicians Can Participate and Earn Credit: In order to earn CME credit, subscribers should read through the material presented in the article. After reading the article, complete the CME quiz online at cme.psychiatryonline.org and submit your evaluation and study hours (up to 1 *AMA PRA Category 1 Credit*[™]).

Credits: The American Psychiatric Association designates this educational activity for a maximum of 1 *AMA PRA Category 1 Credit*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. The American Psychiatric Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Information on Courses

Title: Association of Western and Traditional Diets With Depression and Anxiety in Women
Faculty: Felice N. Jacka, Ph.D., Julie A. Pasco, Ph.D., Arnstein Mykletun, Ph.D., Lana J. Williams, Ph.D., Allison M. Hodge, Ph.D., Sharleen Linette O'Reilly, Ph.D., Geoffrey C. Nicholson, M.D., Ph.D., Mark A. Kotowicz, M.D., Michael Berk, M.D., Ph.D.

Affiliations: Department of Clinical and Biomedical Sciences, University of Melbourne (F.N.J., J.A.P., L.J.W., G.C.N., M.A.K., M.B.); Norwegian Institute of Public Health, Division of Mental Health; University of Bergen, HEMIL (A.M.); Department of Medicine, University of Melbourne (A.M.H.); Deakin University, School of Exercise and Nutrition Sciences (S.L.O.).

Disclosures: Dr. Jacka has received travel funding from Sanofi-Synthelabo Australia and Organon and research support from an unrestricted educational support from Eli Lilly. Drs. Pasco and Williams have received research support from an unrestricted educational support from Eli Lilly. Dr. Berk has received research support from the Stanley Medical Research Foundation, MBF, National Health and Medical Research Council, Beyond Blue, Geelong Medical Research Foundation, Bristol-Myers Squibb, Eli Lilly, GlaxoSmithKline, Mayne Pharma, Novartis, Organon, and Servier; he has received speaking fees from AstraZeneca, Bristol-Myers Squibb, Eli Lilly, GlaxoSmithKline, Janssen Cilag, Lundbeck, Pfizer, Sanofi-Synthelabo, Servier, Solvay, and Wyeth; and he has served as a consultant to AstraZeneca, Bristol-Myers Squibb, Eli Lilly, GlaxoSmithKline, Janssen Cilag, Lundbeck, and Servier. The other authors report no financial relationships with commercial interests.

Discussion of unapproved or investigational use of products*: No

Title: The Psychiatric Sequelae of Traumatic Injury

Faculty: Richard A. Bryant, Ph.D., Meaghan L. O'Donnell, Ph.D., Mark Creamer, Ph.D., Alexander C. McFarlane, M.D., C. Richard Clark, Ph.D., Derrick Silove, M.D.

Affiliation: School of Psychology (R.A.B.) and the School of Psychiatry (D.S.), University of New South Wales, Sydney, Australia; the Department of Psychiatry, University of Melbourne (M.L.O.); the Australian Centre for Posttraumatic Mental Health, East Melbourne (M.C.); the National Trauma Research Institute, Melbourne; the Centre for Military and Veteran Health, University of Adelaide (A.C.M.); and the School of Psychology and the Cognitive Neuroscience Laboratory, Flinders University, Adelaide (C.R.C.)

Disclosures: All authors report no financial relationships with commercial interests.

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Title: An fMRI Study of Frontostriatal Circuits During the Inhibition of Eye Blinking in Persons With Tourette Syndrome

Faculty: Luigi Mazzone, M.D., Ph.D., Shan Yu, Ph.D., Clancy Blair, Ph.D., Benjamin C. Gunter, B.S., Zhishun Wang, Ph.D., Rachel Marsh, Ph.D., Bradley S. Peterson, M.D.

Affiliations: Department of Psychiatry, Division of Child and Adolescent Psychiatry, New York State Psychiatric Institute and the College of Physicians and Surgeons, Columbia University (S.Y., B.C.G., Z.W., R.M.); Division of Child Neurology and Psychiatry, Department of Pediatrics, University of Catania, Catania, Italy (L.M.); and the Department of Human Development and Family Studies, Pennsylvania State University, University Park, Pa. (C.B.).

Disclosures: All authors report no financial relationships with commercial interests.

Discussion of unapproved or investigational use of products*: No

* American Psychiatric Association policy requires disclosure by CME authors of unapproved or investigational use of products discussed in CME programs. Off-label use of medications by individual physicians is permitted and common. Decisions about off-label use can be guided by scientific literature and clinical experience.

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Estimated Time to Complete: 1 Hour

Begin date March 1, 2010 – End date February 28, 2012

EXAMINATION QUESTIONS

Select the single best answer for each question below.

Association of Western and Traditional Diets With Depression and Anxiety in Women

Felice N. Jacka et al.

Am J Psychiatry 2010; 167:305-311

QUESTION 1. Diet influences which of the following biological processes?

- A. oxidative stress
- B. neurogenesis
- C. inflammatory cytokines
- D. all of the above

QUESTION 2. Which of the following dietary patterns was associated with the highest severity of psychological symptoms as measured by the General Health Questionnaire (GHQ-12)?

- A. western
- B. traditional
- C. modern
- D. dietary patterns did not differ

QUESTION 3. How did *adjustment for body mass index* affect the associations between dietary factors and mental disorders?

- A. the association between the western diet and anxiety disorder increased
- B. the association between the western diet and depressive disorder became non-significant
- C. the association between the modern diet and depressive disorder became significant
- D. the associations between dietary patterns and depressive and anxiety disorders did not change

EVALUATION QUESTIONS

This evaluation form is adapted from the MedBiquitous Journal-Based Continuing Education Guidelines 28 November 2005.

This evaluation will appear online at the end of each CME course. Participants must complete this evaluation in order to receive credit. Select the response which best indicates your reaction to the following statements about this activity.

STATEMENT 1. The activity achieved its stated objectives.

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 2. The activity was relevant to my practice.

- 1. Strongly agree
- 2. Agree
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STATEMENT 3. I plan to change my current practice based on what I learned in the activity.

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STATEMENT 4. The activity validated my current practice.

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STATEMENT 5. The activity provided sufficient scientific evidence to support the content presented.

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STATEMENT 6. The activity was free of commercial bias toward a particular product or company.

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Estimated Time to Complete: 1 Hour
Begin date March 1, 2010 – End date February 28, 2012

EXAMINATION QUESTIONS

Select the single best answer for each question below.

The Psychiatric Sequelae of Traumatic Injury

Richard A. Bryant et al.

Am J Psychiatry 2010; 167:312-320

QUESTION 1. In this study, injured patients were more likely to develop which of the following disorders at 12 months if they had sustained a mild traumatic brain injury (TBI)?

- A. post-traumatic stress disorder
- B. panic disorder
- C. agoraphobia and/or social phobia
- D. any of the above

QUESTION 2. What was the relationship between sustaining a mild TBI and functional impairment at 12 months?

- A. Mild TBI alone significantly increased both physical and psychological functional impairment.
- B. Mild TBI plus anxiety was associated with increased physical but not psychological impairment.
- C. Mild TBI plus any psychiatric disorder resulted in a marked increase in functional impairment.
- D. There was no relationship between mild TBI, psychiatric disorders and functional impairment.

QUESTION 3. How did the presence of TBI and psychiatric disorders among injury survivors affect the likelihood of receiving mental health services in the month prior to the 12-month assessment?

- A. Patients with a mild TBI were less likely to receive mental health services than those without TBI.
- B. More patients with a psychiatric disorder and mild TBI received services than those without TBI.
- C. Most patients who sought mental health services did not meet criteria for a psychiatric disorder.
- D. All injury survivors received mental health services at equal rates regardless of mild TBI.

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Estimated Time to Complete: 1 Hour

Begin date February 1, 2010 – End date January 31, 2012

EXAMINATION QUESTIONS

Select the single best answer for each question below.

An fMRI Study of Frontostriatal Circuits During the Inhibition of Eye Blinking in Persons With Tourette Syndrome

Luigi Mazzone et al.

Am J Psychiatry 2010; 167:341-349

QUESTION 1. Tic behaviors and eye blinks are similar in each of the following respects *except* which of the following?

- A. duration, frequency, and forcefulness
- B. frequencies believed to be under the neuromodulatory control of dopamine
- C. characteristic subjective experiences when suppressing the behavior
- D. capable of being suppressed indefinitely

QUESTION 2. The most likely cause of the increased activation of frontostriatal circuits during eye blink inhibition in persons with Tourette syndrome is which of the following?

- A. medication effects
- B. comorbid psychotic illness
- C. a neural mechanism to maintain regulatory control over semi-involuntary behaviors
- D. impaired regulation from cerebellar connections with frontostriatal circuits

QUESTION 3. Prior imaging studies have suggested an enlargement of frontal cortices in persons with Tourette syndrome, this is most likely due to which of the following?

- A. medication effects
- B. plastic hypertrophy in response to the frequent need to suppress tics
- C. normal aging effects
- D. pathological neural substrates that generate tic behaviors

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